

Abstract of the Disclosure

A hydration pouch with a releasable coupling is disclosed. In one embodiment, the hydration pouch is a flexible bag or pouch with a separate 5 inlet and outlet. A hose or tube is provided for a user to draw refreshment from the pouch. A bite valve is provided at one end of the tube to be actuated by a user's teeth. A coupling is provided for attaching and detaching at least a portion of the hose at an opposite end of the hose. The coupling includes a shutoff or check valve that maintains the patency of the pouch when the hose is 10 disconnected. In an alternative embodiment prefilled, disposable hydration pouches are removably coupled to the hose and then disposed and replaced following consumption of the liquid contained therein.